

# **SLE DOES NOT MEAN HOPLESS CASE**

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Dep. 3

- o Female patient 27 years old diagnosed as lupus arthritis and muco-cutaneous lupus since 2008 and on her regular treatment (prednisolone 30 mg/d, azathioprine 150 mg/d and hydroquine 200 mg/d and local sunscreen cream).
- o She is always complaining of recurrent UTI, chronic PID 2ry to IUD , and sometimes steroid induced psychosis which needed dose modification many times.

- She has 2 children and not seeking at all for others.
- She is not compliant on treatment as she is poor and always depressed.
- On 2010, due to resistant PID, her physician advised her to remove IUD and to use other methods for contraception.
- Unfortunately, she developed HTN when she used OCP and injections caused abnormal uterine bleeding.



- o **So, she was advised to use physical methods.**
- o **On June 2010, she discovered that she was pregnant (6 weeks).**
- o **She was followed by Ob/G and he advised her to modify her treatment according to her new situation..**

o **She came to our OPC and the following data were revealed**

o Bl/pr 150/100 mmHg

o HR 80 beats/min

o RR 16/min

o temp normal

o Puffy face and eyelids

o Extensive lower limb oedema till  
anterior abdominal wall

o Following investigations were done

- o ESR            1<sup>ST</sup> hr    110            and 2<sup>nd</sup> hr    140
- o CRP 6
- o Serum creatinine 2.5 mg/ dl
- o Serum albumin 2.5 g/dl
- o CBC        Hb 10g/dl ( microcytic hypochromic)        WBC  
4500 with normal diff. count        PLT 130,000
- o 24 hr urine showed albuminuria of 3.8 g/d
- o ALT and AST normal
- o ANA and Anti DNA of high titer
- o Urine analysis showed Alb +++        WBC 10-12 cell /HPF  
RBC 15-20 cell/HPF
- o U/S moderate ascites, right pleural effusion, fatty liver  
and viable single foetus matching with calculated age.

o **What do you recommend?**

o In modification of treatment?

o In investigations?

o To terminate or to continue?



o **Our team recommended her admission for more evaluation and she was on the following treatment**

- o Prednisolone 60mg/dl
- o Azathioprine 150mg/dl
- o Hydroquine 200mg/dl
- o Aldomet 250mg t.d.s
- o Aspirin 100mg/d



o **The followings were done**

- o Fundus examination was free
- o ECG was free
- o Anti phospholipid antibodies were -ve
- o Rising serum creatinine 3 then 3.5 then 3.8 mg/dl over three successive days
- o Uncontrolled HTN even after adding nifedipine retard 20mg 2 tab t.d.s
- o Serum Alb. 2.3 g/dl
- o More oedema (anasarca)

o **On 13<sup>th</sup> week of pregnancy , patient insisted to terminate her pregnancy.**

**She was right or not?**

- o Conflict was present and the patient insisted to be discharged and she terminated her pregnancy in a private hospital on her 13<sup>th</sup> week.



o Within 2 weeks the following happened

- o Serum creatinine declined to return to 1.2 mg/dl after 6 weeks
- o Serum Alb returned to normal after 4 weeks
- o Blood pressure was controlled on just aldomet 250mg b.d.s
- o ESR      1<sup>st</sup> hr 25 & 2<sup>nd</sup> hr 35
- o CBC      Hb 10.5 g/dl microcytic hypochromic  
WBC and PLT were normal
- o Oedema disappeared completely
- o **What do you think?**

o She was on the following treatment

- o Prednisolone 20mg/day
- o Azathioprine 150 mg/day
- o Hydroquine 200 mg/day
- o And other supportive adjuvant therapy.
- o Aldomet 250 mg b.d.s

**o This is not the end of  
our story.....**



o We advised her to be stick to our clinic and follow us strictly and she was fully evaluated up to ECHO .

o **You may ask why renal biopsy or C1q or C3 or C4 were not done?**

1<sup>ST</sup> she refused biopsy many times.

2<sup>nd</sup> she is so poor and these investigations were not available at MUH.

- o On August 2011, she discovered that she is pregnant and a surprising thing that she was so normal over her pregnancy even she insisted to continue her pregnancy till the 38<sup>th</sup> week and the only change was to add nifedipine retard 20 mg b.d.s and increasing aldomet to be 250 mg t.d.s.**



o **C.S was done and she was received a so nice healthy female baby and till now she is following with us.**

o **I think that it is unexpected happy end.....**



*Thank you*